

Social Wellness

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Resources:

[Social Wellness Information](#)

- *This PDF explains the importance of social wellness and describes some facts and tips on how to improve social wellness.*

[Social Wellness Checklist](#)

- *This checklist can be used to improve social wellness, by encouraging the ability to make connections, care for yourself and others simultaneously, create a more active community, and create healthy relationships with others around you.*

[Distributable Resources for Promoting Wellness](#)

- *Written by COSGP Wellness Committee 2020-2021, this resource provides links to various distributable resources that can be purchased and disseminated to students as a means of promoting wellness.*

[Pros and Cons of Social Media for Wellness](#)

- *This article written by an Australian mental health facility details some of the pros and cons of social media as an agent in wellness.*

[Pros and Cons of Social Media in Healthcare](#)

- *This blog post discusses some of the pros and cons of using social media in healthcare marketing. Also check out this [guide to social media in healthcare marketing](#) from the same site.*

Guide to Restaurants and Things to Do Around Your COM

- *One of the barriers people face to socialization is simply not knowing where to go. Consider making a guide to restaurants and things to do in and around your COM to provide to incoming students. A great time to disseminate this information is at orientation or right after the first exam. Remind students that they are not alone in this journey and point out some fun/exciting places that they can meet up with fellow students!*

[Response Form for Student Interests](#)

- *Feel free to copy and paste these questions into a GoogleForm, Outlook Office Form, or other response tool to gather information about student interests. This can help you connect students to their peers with similar interests or inspire you as you are planning social wellness events!*

[Personality Tests](#)

- *Check out the above link for multiple free online personality tests that you can use for team building or social awareness at your COM including the Holland Codes, The Enneagram test, and The Productivity Test!*

[Tips for Socializing with Individuals With Social Anxiety](#)

- *This is a great quick graphic for how to socialize with individuals who have social anxiety and make them feel safe and understood.*

[Social Anxiety Coping Statements](#)

- *This is a quick reference graphic to help cope with social anxiety.*

[Top Social Networking Sites for Medical Professionals](#)

- *Check out this list of social networking sites compiled by the Western Society of Oral and Maxillofacial Surgeons*

[Conflict Resolution Graphic](#)

- *This quick guide details some important skills to utilize in conflict resolution!*

Event Suggestions:

[Social Support Worksheet](#)

- *This is a worksheet that can be used by anyone to assess their social wellness. Things that are self assessed in this are who you socially support and how they support you, barriers that prevent you from utilizing their support, and what you could do to better utilize your support system.*

[Icebreaker Activities](#)

- *This is a great list of icebreaker games to consider for use during your next event!*

Other Events to Consider

- *Turkey Gobbler Games (random games during Thanksgiving meal)*
- *Organized Social Media Break*
- *Board Game Night*
- *Movie Night*
- *Cultural Celebrations*
 - *Diwali*
 - *Holi*
 - *International Festival*
 - *Sampling dishes from different cultures*
 - *Cultural Dances*
 - *Auction*
 - *Ramadan break fast together event*